

Chilli chicken kebabs with fresh salsa

Coriander, five spice and soy make this a super-tasty meal. You can also marinate the chicken and make the salsa in advance, so when you're ready to cook you've got an instant meal.

Serves: 2

Nutrition per serving:
279 kcal, 42g protein, 20g carbs, 5g fat, 7g fibre

Ingredients:

- 5 tbsp reduced-salt soy sauce
- 2 tsp five spice
- 2 tsp ground coriander
- 2 garlic cloves, crushed
- Pinch dried chilli flakes
- 300g chicken breasts, skinless, cut into strips
- 160g ripe tomatoes, chopped
- 1 small red pepper, diced
- ½ red onion, finely chopped
- 1 small fresh red chilli, finely chopped
- Freshly ground black pepper
- Small bunch fresh coriander, chopped
- 80g mangetout
- 1 head pak choi
- 2 spring onions, cut into strips

Method:

1. Mix 4 tbsp of the soy sauce with the five spice, ground coriander, garlic and chilli flakes in a bowl, stir in the chicken so it's well coated, then pop in the fridge to marinate for at least 30 mins.
2. Thread the chicken onto wooden skewers and place in a foil-lined grill pan or on a barbecue. Brush with the remaining marinade, then grill for 10-12 mins, turning occasionally, until the chicken is golden brown and cooked through.
3. Meanwhile, mix the tomatoes, red pepper, fresh chilli, ground black pepper and coriander to make a salsa, and steam the mangetout and pak choi until just tender.
4. Serve the kebabs, vegetables and salsa drizzled with the remaining soy sauce, topped with the spring onions.

